

# WHILE QUARANTINED



**A Workbook** for Emotional, Mental, & Spiritual  
Development During the COVID-19 Pandemic

Dr. Trillion Small, LMFT

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While Quarantined:  
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COVID-19 Pandemic

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*She's Possible: Find Your Irresistible You*

*Owning Possible: Your Guide to Making the Impossible Possible*

*Internal Navigator: Basic Steps to Get You From Point A to Point B in Your Life (2<sup>nd</sup> Ed.)*

# CHAPTER TWO

## EMOTIONAL STABILITY

### ASSESSMENT



I did a little research for this workbook by re-reading as many journal entries starting back when I was a teenager. It was painful and embarrassing yet rewarding to re-read through some of my challenges and to see my growth areas. I want to share a few with you:

*“[Insert boyfriends name] Thinking of you is all I do...its meant to be forever and ever. I love you.” -December 31 (14-year-old Trillion)*

*“Confused, bewildered, [and] misunderstood is how I feel...I love him but it seems as if we are pulling apart. Am I supposed to feel hurt [and] avoided?” -January 1 (14-year-old Trillion)*

Are you just as confused as I was when I reflected on these two journal entries?! Yes, you read those dates correctly. It is not a typo. One minute I was head over hills for this guy and ONE WHOLE DAY later I was confused and questioning our relationship. How could this be?! I know you may be thinking, “you were only 14 so cut yourself some slack.” Well, I would have, however, after reading some of my adult journal entries from a few years ago I realized nothing much had changed. Check this one out:

*“I just don’t know what to do with myself and [relationships]...I am going to my first counseling [session] Saturday. I have to deal with my history or it’ll destroy me! I need help God!” - June 26 (26-year-old Trillion)*

It was no longer about being an immature teenager with an overwhelming influx of hormones driving my emotions. I was an unstable woman that was ruled by her emotions. Although I was a practicing clinician at the time of this entry, I clearly needed to take my

“physician” hat off and become the “patient”. Gratefully, I’m much more emotionally stable than I was then.

### How stable are you?

I believe that three of our greatest battles will be the one raging in our hearts, the one raging in our minds, and the war between the two. Great things result when we can properly regulate our thoughts and emotions while undesirable things can result when they instead control us negatively. So let’s get real and honest about your thoughts and emotions as it relates to relationships. How you are in a relationship may be different from how you are with your friends, family, or co-workers. So for the sake of consistency, answer the following questions with romantic relationships in mind. Feel free to duplicate the assessments in your journal for each separate desired category. This is also in Appendix I.

On a scale of 0 to 10, on average, how much would you say your decisions (or lack thereof) are driven by your *emotions*?

<b>Not at all</b>				<b>It’s about 50/50</b>				<b>All of the time</b>			
0	1	2	3	4	5	6	7	8	9	10	

On a scale of 0 to 10, on average, how much would you say your decisions (or lack thereof) are driven by a *negative thought pattern*?

<b>Not at all</b>				<b>It’s about 50/50</b>				<b>All of the time</b>			
0	1	2	3	4	5	6	7	8	9	10	

On a scale of 0 to 10, on average, how often would you say you have lost opportunities because of your *emotions*?

<b>Never</b>				<b>It’s about 50/50</b>				<b>Very often</b>			
0	1	2	3	4	5	6	7	8	9	10	

On a scale of 0 to 10, on average, how often would you say you have lost opportunities and/or relationships because of your *way of thinking*?

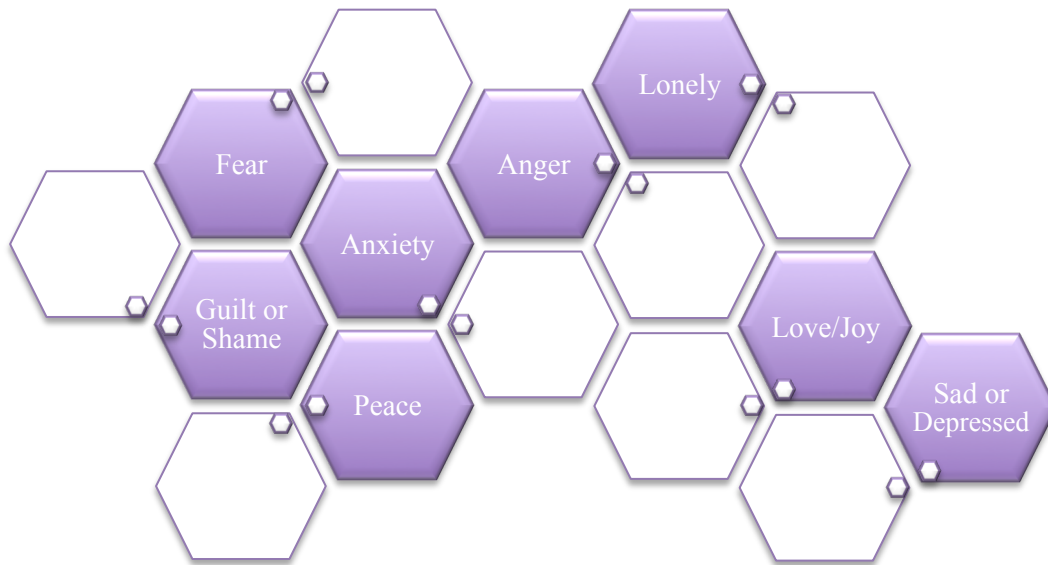
<b>Never</b>				<b>It’s about 50/50</b>				<b>Very often</b>			
0	1	2	3	4	5	6	7	8	9	10	

**Do you have any of these negative thoughts more days than not? List any other negative reoccurring thoughts you may have.**

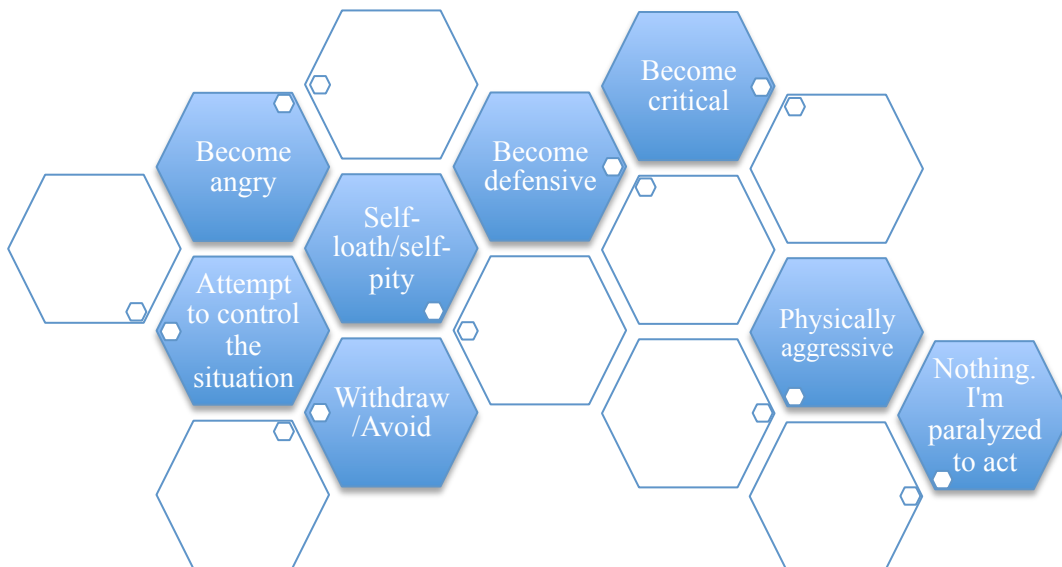
Sometimes these are not our primary thoughts but they are the underlying thought beneath the actual thought that we are conscious of. For example, a woman who thinks that every man that she dates will eventually leave her may have an underlying thought of “I’m not good enough” or “I’m unlovable”.

Thoughts Relating to Myself	Thoughts Relating to Others	Other Thoughts
<ul style="list-style-type: none"><li>• I'm not good enough</li><li>• I'm a failure/ I will fail/I won't succeed</li><li>• I'm unloveable/ unwanted</li><li>• I'm not safe to feel my emotions or express my thoughts</li><li>• I must be perfect</li><li>• I need to please others</li><li>• I'm a disappointment</li><li>• I am rejected</li></ul>	<ul style="list-style-type: none"><li>• People can't be trusted</li><li>• People will disappoint you</li><li>• People will hurt you</li></ul>	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>

**Which of the below emotions do you experience most frequently? List any other emotions you may have in the blank spaces. Google “emotional wheel” for a list of emotions.**



**How do you typically respond when you have an uncomfortable thought or feeling? List any other action you may have in the blank spaces. (For example, do you withdraw if you feel you will be rejected? Or do you become critical (of others or yourself) when you are angry?)**





**Let's now think combine them all together**

Our thoughts and emotions (regardless of which one comes first) influence each other and as a result, influence our behaviors/actions.



One of my common thoughts is:

---

---

My emotional reaction to this thought is:

---

---

When I think and feel this way I end up (what action results?):

---

---

Let's try it again with another thought and emotion (*feel free to repeat as many times as needed*).

Another one of my common thoughts is:

---

---

My emotional reaction to this thought is:

---

---

When I think and feel this way I end up (what action results?):

---

---

On a scale of 0 to 10 how satisfied are you with where you currently are with your *emotional state*?

**Not satisfied at all**    **I could be better**    **Very satisfied**  
0    1    2    3    4    5    6    7    8    9    10

On a scale of 0 to 10 how satisfied are you with the way you currently *think*?

**Not satisfied at all**    **I could be better**    **Very satisfied**  
0    1    2    3    4    5    6    7    8    9    10

### Let’s Go Shopping Now

As mentioned before, during this process we will metaphorically unpack your bags, sort through the baggage, go shopping and re-pack. We have unpacked and sorted through your bags. Let’s now “go shopping” for some **alternative ways of thinking, feeling, and behaving** and “re-pack” so that you are better equipped.

Flip back to review the previous page where you listed your common thoughts, emotions, and actions. Now add the four lines below (*repeat in your journal as needed*). For example: “Instead of thinking I am unlovable I’d prefer to think I am worthy of love. Instead of feeling anxious in relationships I’d prefer to feel trusting and confident. Instead of running in relationships I’d prefer to learn how to articulate my fears or concerns. In order to do all of the above I need to first understand my value and then I need to practice vulnerability. I also need to be connected to someone who has proven him or herself to be trustworthy. That will help me to learn to trust again.”

Instead of thinking \_\_\_\_\_

I’d prefer to think \_\_\_\_\_.

Instead of feeling \_\_\_\_\_

I’d prefer to feel \_\_\_\_\_.

Instead of \_\_\_\_\_ (action)

I’d prefer to \_\_\_\_\_ (action).

To do the above, I need... (What will help you change your emotions/ thoughts/ actions from negative or unhealthy to healthy?)

---

---

Instead of thinking \_\_\_\_\_

I'd prefer to think \_\_\_\_\_.

Instead of feeling \_\_\_\_\_

I'd prefer to feel \_\_\_\_\_.

Instead of \_\_\_\_\_ (action)

I'd prefer to \_\_\_\_\_ (action).

To do the above, I need... (What will help you change your emotions/ thoughts/ actions from negative or unhealthy to healthy?)

\_\_\_\_\_  
\_\_\_\_\_

**What do you need to unlearn, learn, and/or relearn as it pertains to your thoughts, emotions, and behaviors?** *The first row is an example based on the example on the previous page. I now realize that I need to:*

Unlearn	Learn	Relearn
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <i>my negative self-concept</i>	<input type="checkbox"/> <i>my true worth &amp; value</i>	<input type="checkbox"/> <i>how to have positive childlike confidence</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### **Application Practice (Re-packing)**

Some of the best solutions are the ones you create on your own based on your specific needs. How will you apply what you've learned in this chapter?

A suggestion: pick one of the items from the unlearn/learn/relearn activity and come up with 1 to 3 ways to work on that area. Also, search online for one scripture and song that talks about how valuable you are. Write your plan down in your journal.

### **Affirmation and Perspective Shift**

- There is no need to feel shameful or embarrassed about any thoughts or emotions that you have that you do not wish to have. You aren't alone and God loves you regardless.
- When God looks at you He sees all of the beauty that He placed in you so when He thinks of you He isn't thinking, "I sure wish he'd stop being so anxious." Instead, He is thinking, "I have amazing peace I'd love to give him and teach him how to live in it."

# NOTES